



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09012, Apples, dried, sulfured, stewed, without added sugar**

**Report Date: June 27, 2017 23:01 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 255g
<b>Proximates</b>					
Water	g	84.13	1	--	214.53
Energy	kcal	57	--	--	145
Energy	kJ	238	--	--	607
Protein	g	0.22	--	--	0.56
Total lipid (fat)	g	0.07	--	--	0.18
Ash	g	0.26	--	--	0.66
Carbohydrate, by difference	g	15.32	--	--	39.07
Fiber, total dietary	g	2.0	--	--	5.1
Sugars, total	g	13.32	--	--	33.97
<b>Minerals</b>					
Calcium, Ca	mg	3	--	--	8
Iron, Fe	mg	0.33	--	--	0.84
Magnesium, Mg	mg	4	--	--	10
Phosphorus, P	mg	9	--	--	23
Potassium, K	mg	105	--	--	268
Sodium, Na	mg	20	--	--	51
Zinc, Zn	mg	0.05	--	--	0.13
Copper, Cu	mg	0.044	--	--	0.112
Manganese, Mn	mg	0.021	--	--	0.054
Selenium, Se	µg	0.3	--	--	0.8
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	1.0	3	0.203	2.5

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 255g
Thiamin	mg	0.006	3	0.002	0.015
Riboflavin	mg	0.019	3	0.001	0.048
Niacin	mg	0.129	3	0.032	0.329
Pantothenic acid	mg	0.057	3	0.001	0.145
Vitamin B-6	mg	0.050	3	0.007	0.128
Folate, total	µg	0	1	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	0	1	--	0
Folate, DFE	µg	0	--	--	0
Choline, total	mg	3.8	--	--	9.7
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	1	3	0.309	3
Retinol	µg	0	--	--	0
Carotene, beta	µg	7	--	--	18
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	6	--	--	15
Vitamin A, IU	IU	17	3	6.172	43
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	4	--	--	10
Vitamin E (alpha-tocopherol)	mg	0.12	--	--	0.31
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.7	--	--	1.8
<b>Lipids</b>					
Fatty acids, total saturated	g	0.012	--	--	0.031
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 255g
16:0	g	0.010	--	--	0.026
18:0	g	0.002	--	--	0.005
Fatty acids, total monounsaturated	g	0.003	--	--	0.008
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.003	--	--	0.008
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.022	--	--	0.056
18:2 undifferentiated	g	0.018	--	--	0.046
18:3 undifferentiated	g	0.004	--	--	0.010
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.002	--	--	0.005
Threonine	g	0.008	--	--	0.020
Isoleucine	g	0.008	--	--	0.020
Leucine	g	0.013	--	--	0.033
Lysine	g	0.013	--	--	0.033
Methionine	g	0.002	--	--	0.005
Cystine	g	0.003	--	--	0.008
Phenylalanine	g	0.006	--	--	0.015
Tyrosine	g	0.004	--	--	0.010
Valine	g	0.010	--	--	0.026
Arginine	g	0.007	--	--	0.018
Histidine	g	0.003	--	--	0.008
Alanine	g	0.008	--	--	0.020
Aspartic acid	g	0.037	--	--	0.094
Glutamic acid	g	0.022	--	--	0.056
Glycine	g	0.008	--	--	0.020

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 255g
Proline	g	0.007	--	--	0.018
Serine	g	0.009	--	--	0.023
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0